

SALMAGUNDI

Moroccan Tajine



Ingredients:

2	Pounds	Beef, sliced or cut in ½ inch cubes
1	Pound	Sweet Potato, peeled and cut into 1 inch pieces
1	Pound	Butternut Squash, peeled and cut into 1 inch pieces
1	Head	Garlic, left whole (cleaned and top sliced off)
1	Large	Onion, peeled and chopped large
1	Cup	Dates, pitted and chopped
3	Tablespoons	A.P. Flour
2	Teaspoons	Ground Cumin
1	Teaspoon	Ground Cinnamon
2	Teaspoons	Sea Salt
½	Teaspoon	Black Pepper
1	Teaspoon	Ground Coriander
¼	Teaspoon	Ground Red Pepper
½	Teaspoon	Cardamom
1	Teaspoon	Ground Nutmeg
1	14.5 oz can	Chickpeas (drained)
2	14.5 oz cans	Diced Tomatoes (undrained) or 2# Fresh Tomatoes (chopped)
½	Cup	Water

Directions:

1. Mix together flour, cumin, cinnamon, salt, pepper, coriander, cardamom, red pepper and nutmeg. Place in a slow cooker with beef, sweet potato, squash, onions and dates. Toss to coat evenly. Add chickpeas and stir. Add the head of garlic.
2. Pour tomatoes and water over the mixture, stir and cook on high for 4 to 5 hours, or on low for 6 to 8 hours. Remove garlic. Squeeze cooked garlic into pot and stir.
3. Garnish with parsley, if desired, and serve with Batbout and/or Couscous.